

State Indoor Meet

Spending 11 hours at a meet skews ones perspective. What seem like interminable waits for an event magnifies any outcome that falls short of expectations. This happens to coaches and athletes alike. After looking at the results last night and this morning it becomes obvious that **we competed well yesterday**. Not every event went the way we would have liked but overall compared to a year ago as a team we did better in 8 of the 13 events we participated in: High Jump, Shot, 4x8, 60, 1500, 200, 800, and 4x1. In the LJ Brittany was only a ¼” shorter despite having to roll her quad on Mallory’s Nalgene bottle, and Meg’s time in the 3000 fell just short of a year ago despite a side stitch which plagued her the last half of the race. Our hurdlers ran very well and only failed to best last year because we had the eventual State Champion in the running for us. So I remind everyone, we are ahead of last year’s team that went on to come within a point of the state championship. There is no reason this team can’t show the same kind of improvement and contend for a State Championship. *What we must remember is what we did last year. We worked and stuck with it. We persevered and got better every week. It wasn’t easy.....it was great!*

Long Jump	Nelson 15'8.75"			
High Jump	Johnson, V 5'1"	Brooks 5'1"		
Shot Put	Gustafson 32'8"	Hyché 33'8.5"		
3000	Richardson 11:10.58	Siglin 12:11.48*		
4 x 200m Relay	Nelson 27.0	Mills 28.3	Coleman 28.9	Wilkinson 26.9
4 x 800m Relay 9:45.83SB (3 rd)	Rethwisch, R 2:31.8	Fagan 2:23.3SB	Stephenson 2:26.7SB	Yagla 2:24.1SB
60m Hurdle	Kunc 10.52	Sotelo 10.52		
60m Dash	Crew 8.53	Kuddes 8.51		
1500	Rethwisch, R 4:58.11SB (5 th)	Holman 5:15.37SB		
400m	Hynes 68.17	Sullivan, J 68.05		
200m	Crew	Kuddes 27.96SB		
800m	Danielson 2:35.32	Fagan 2:27.52		
4 x 100m Relay	Kuddes 13.3	Nelson 13.7	Coleman 12.1	Wilkinson 13.3
52.46 (4 th)				

red bold= standard of excellence

SB=season's best

*=personal record